

STAYING ACTIVE

Promoting overall wellbeing

It's important for people living with dementia to stay physically active. Exercise is essential for increasing blood flow to the brain and may improve brain elasticity (brain cell growth and survival). It helps in maintaining muscle control and coordination, reducing the risk of falls and provides a sense of overall wellbeing.

Consult your doctor before starting any exercise program

Consider other illnesses, disabilities and level of ability (don't overdo it!)

BENEFITS OF EXERCISE FOR THOSE LIVING WITH DEMENTIA

Helps prevent heart disease and stroke

Helps reduce high blood pressure, type 2 diabetes & obesity

Helps reduce cognitive decline

TYPES OF EXERCISE

- ❖ *Aerobic; walking, dancing, swimming, cycling, rowing (use equipment e.g. stationary bicycle)*
- ❖ *Strength-based; weight & resistance training, water aerobics (easier for balance & joints)*
- ❖ *Flexibility & balance; yoga, pilates, stretching, Tai Chi*
- ❖ *Supervised, professional program by physiotherapist is ideal. Consider joining Active Life Studio at St Luke's Care for physio lead exercise classes focused on strength and balance*

BENEFITS

- ❖ *Improve mobility*
- ❖ *Muscle, tendon and ligament strength*
- ❖ *Maintain bone density*
- ❖ *Increase tone*
- ❖ *Improve metabolic rate*
- ❖ *Strengthen postural support*
- ❖ *Group exercise promotes socialisation*

STAYING ACTIVE GUIDELINES

- ✿ *Try to be active everyday*
- ✿ *Set daily routines at a convenient time*
- ✿ *Warm up at beginning, cool down after*
- ✿ *Have a plan B in case of bad weather or a cancellation*
- ✿ *Look at exercise positively rather than as an inconvenience*
- ✿ *Being active with a friend or family member is ideal*
- ✿ *Choose exercises you enjoy most*
- ✿ *Try to make the exercise vigorous without exerting or endangering yourself*
- ✿ *Exercise safely (avoid rugs, slippery floors, poor lighting)*
- ✿ *Bars or grab rails can assist if balance is poor*
- ✿ *Start small and build yourself up*
- ✿ *STOP if tired or feeling sick and consult your doctor*

At St Luke's Care, our specially trained dementia support team is here for you and your loved one. We have many programs including home care, residential aged care, respite care and social and community programs.



ST LUKE'S CARE

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